

DECEMBER Lunch & Learn: GOALS ARE DREAMS WITH DEADLINES

The New Year is right around the corner! What better way to prepare for 2018 than by learning about goal setting and how to create a new year's resolution that's right for you?

Bring your lunch and join us to learn:

- Tips on finding motivation and creating your vision
- How to prepare for success, overcome barriers, and celebrate wins
- How to be "smart" about setting behavioral goals
- How to use support and accountability to your advantage

presenter: *Samantha Mallo MS, CWHC; Wellness Specialist, Aspirus Business Health*

date: Wednesday, December 13

time: 12:00-12:45pm

location: Wood County Courthouse, Room 114

RSVP: Appreciated for room set-up: Wendy Young at 715-421-8437 or wyoung@co.wood.wis

Presenting Partners:



- Employee Wellness
- UW-Extension
- Healthy People Wood County
- Health Department
- Wisconsin Rapids Community Media

This event is open to the community!

It is part of the Wood County Employee Wellness Program. Employees can earn 100 wellness points for Quarter 5.